



# INDIA COMMUNITY RELIGIOUS & CULTURAL CENTER, INC. (ICRCC)

*A non-profit organization founded in 1984*

P.O. BOX 387 DEWITT, NY 13214

<http://www.icrcc.org>

<http://www.facebook.com/ICRCC>

Email: [icrcc18@gmail.com](mailto:icrcc18@gmail.com)

## March 2018 Newsletter

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### Upcoming ICRCC Events Summary 2018

When	What	Where	Who (Coordinator)	Additional Notes
March 31 (2PM-6PM)	Holi  See attached Flier	Recreation Building in Village of Manlius (Same as last year)	Falguni Vora Pravin Gupta	\$5/ Members and Students. \$10/ Non Members. Snacks included. Dry colors, music, fun
May 19 (1-7PM)	Spring Festival	Lincoln Middle School	Falguni Vora and Ramana Adavikolanu	Cultural Program Sign up coming soon. Volunteers needed for serving food.
June 3	Kathak Dance	TBD	Seema Sureshkumar	Nritya Dhaara Kathak group from India
August 19	Independence Day Picnic	Riverview Shelter at Lake Shore Park (Onondaga County Parks)		Details to follow.
Nov. 4	Annual Diwali Dinner Celebrations	Grand Ballroom at the Marriott Downtown		Details to follow.

Information on events is listed on our website, at <http://www.icrcc.org/culturalprograms.html>

## Message from the ICRCC President

Dear Friends,

Please welcome the new Board of Directors, all wonderful people volunteering their time and energy towards the activities of the ICRCC, including several who have already served in the recent past. We still have a few vacancies; please contact us ASAP if you can **join us on the Board**. In particular, I am concerned that some regions of India are not represented on the Board, and would like to see this issue addressed soon.

Holi celebration is almost here, and Spring Festival comes very soon. Please let us know by March 31 if you can **volunteer an hour or two of your time for the Spring Festival**, e.g., to help serve the food.

We have also planned the dates for other major events being sponsored by ICRCC, announced in this newsletter as well as on our website. Please **save these dates** on your calendar.

If you or other community members are planning to organize **other events** (private or public), please ensure that the dates do not conflict with ICRCC events. If there are no schedule conflicts, ICRCC will be glad to publicize events of interest to community members, in the newsletter and/or the website. However, ICRCC will not be paying or taking responsibility for events organized by individuals or other organizations.

**Space/facilities** (in the name of ICRCC) can only be booked by the ICRCC executive committee members, not by private individuals. If needed, please email all four of us (Falguni Vora, Pravin Gupta, Sanjeev Kumar, and Chilukuri Mohan) in this regard; conversations and communications with individual executive committee members are inadequate.

The **bylaws** of ICRCC need substantial revision, an effort that was started last year. The Board plans to formulate and discuss possible changes over the next few months, and bring them to the General Body Meeting on Nov. 17. **Please put this on your calendar, since the changes may be substantial and can affect the organization significantly in future years.**

On that happy note, let us yell “Holi Hai” and have a colorful party on March 31<sup>st</sup>!

Sincerely,  
Chilukuri K. Mohan  
[icrcc18@gmail.com](mailto:icrcc18@gmail.com)

## Greetings From the Editor

Namaste!

I am stepping into this new role of the Newsletter Editor, taking over the charge from Chilukuri K. Mohan, who did an excellent job in the past year. I hope to continue the tradition and bring the newsletter to you on a quarterly basis.

I am appealing to all members of the community to contribute interesting articles on a regular basis related to India and the Indian community here in CNY. We are especially hoping to get more participation from the younger generation.

This newsletter is a good platform for communication about local news and events in the community.

Please email your articles to: [shridilip@hotmail.com](mailto:shridilip@hotmail.com).

Thank you,  
Shridevi Karikehalli

## ICRCC Membership Renewal

- Regular Membership is: \$50/Family and \$30/Single Member
- Permanent category is: Family Membership: \$1000; Single Member: \$750.

You may pay online: <http://www.icrcc.org/membership.html> (preferred method, as you can also enter your member details online) or mail a check to:

**ICRCC, PO Box 387, Dewitt, NY 13214.**

**\*\*\*\*Please contact one of the Board Members if you are mailing a physical check to the PO Box address, so we can promptly make a note of your membership and add your name to the online directory. \*\*\*\***

If you have any questions, please contact the membership committee:

Joseph Kappil (Coordinator): [joekappil@gmail.com](mailto:joekappil@gmail.com)

Ramana Adavikolanu: [adavikolanu@hotmail.com](mailto:adavikolanu@hotmail.com)

Abraham Thomas: [abethomas101@yahoo.com](mailto:abethomas101@yahoo.com)

Shridevi Karikehalli: [shridilip@hotmail.com](mailto:shridilip@hotmail.com)

ICRCC is a Not-for-Profit Corporation under Section 501(c) (3) of the Internal Revenue Code. Your contribution to the Permanent Member Fund may be tax deductible. Kindly check with your tax advisor.

## HOLY WEEK & EASTER CELEBRATIONS: By Joseph Kappil

(March 25- April 01, 2018)



Easter is one of the important celebrations of the Christians around the world. It starts with a 'Lent' (fasting) season for 50 days. The last week of the lent is known as Passion Week. It starts with Palm Sunday and follows Maundy Thursday or Holy Thursday, observing Last Supper. This follows Good Friday, the day Jesus was crucified. It commemorates Jesus' Crucifixion and burial. Saturday is the last day of lent. Easter Sunday is celebrated as the day Jesus rose from the dead. It symbolizes rebirth and is viewed as victory over death.

Many local churches have Holy Week services. My local parish (**Syracuse St. Thomas Indian Orthodox Church, 3209 Howlette Hill Rd., Camillus, NY 13031**) has services on Palm Sunday, Holy Thursday, Good Friday, and Easter Sunday and has a prayer schedule for the entire week. If anyone is looking to attend the Holy Week Service, please contact Joseph Kappil: [joekappil@gmail.com](mailto:joekappil@gmail.com)

**Wish you a very Happy Easter.**

## ICRCC Diwali Celebration 2017, Submitted by: Joseph Kappil

We had a wonderful Diwali celebration on October 29, 2017 at Holiday Inn, Liverpool, NY 13088. The event was welcomed by Diwali dance and lighting up the diyas, presented by Meghana, Abi, Pranathi, Inika, and Rishma. Falguni Vora choreographed the dance.

Dr. Atul Maini was the Master of Ceremony. Joseph Kappil, ICRCC President welcomed all guests and presented current Executive board members to the audience. Shridevi Karikehalli read the names of all ICRCC permanent members and acknowledged their long-term commitment to the organization.



The major attraction for the event was Diwali Entertainment and Annual Dinner, which was attended by over 250 guests.

The Diwali music entertainment was by Parth Oza , Sanjay Oza, and Rujuta Dholakia & Mitali Mahant from by Saaz Indian Music.



**2017 ICRCC Board Members**



**Diya Dance**



**Music Entertainment**



**Fabulous Dinner and Dance**

## Article by Dr. Kaushal Nanavati

I had the privilege to be on a webinar with Dr. Dayaprasad Kulkarni from AarogyaSeva Global Health Volunteer Alliance (<http://aarogyaseva.in/>) in January as we recorded the first seminar in their “Speak for Health” series. The YouTube link is as follows: <https://www.youtube.com/watch?v=tXAJCYMS3e8>

Our discussion focused on redefining health and healthcare to mean the achievement of contentment and peace rather than focusing primarily on the elimination of disease, whether it is prevention, management, or innovation.

Think about healthcare as a tree, and wellness promotion as equivalent to the roots of the tree, with disease prevention being the trunk, disease management being the branches, and innovation being the leaves, some of which become new branches while others fall by the wayside. Consider the achievement of contentment and peace as being that nurturing environment, the fertile soil that feeds these roots.

These words, contentment and peace, mean different things to different people and can mean different things at various stages in our own lives. What they mean when one is a teenager may be different from what they mean when one is a young parent or an older adult. Yet, if we take the time to understand what these mean in our life in the present, then we have the potential to try to achieve them as they relate to the mind, the body, and the spirit.

So how does one achieve contentment and peace? My belief is that this journey begins with optimizing nutrition, physical exercise, stress management, and spiritual wellness. My book, *CORE 4 of Wellness: Nutrition / Physical Exercise / Stress Management / Spiritual Wellness*, goes into greater detail on this and I will share a few pearls here.

When it comes to nutrition, the Harvard evidence based healthy eating plate is a great resource. There is good evidence to suggest that one should try to get 7-9 servings of vegetables daily (One serving is 1 measuring cup of raw vegetable or ½ measuring cup of cooked vegetable). Among vegetables, the cruciferous vegetables (broccoli, cabbage, cauliflower, kale, spinach, brussels sprouts, asparagus, etc.) have anti-inflammation and anti-cancer benefits. When one eats 2-3 servings a day they can also help with reversing plaque in arteries actually helping them to get healthier. You should work with your physician or health care provider to optimize the dietary regimen that serves you best as even these healthy foods may interact with your body uniquely depending on your health conditions and other medications you may be taking.

For physical exercise, the World Health Organization cites data that suggests that people who get seven hours of moderately intense exercise or activity per week have a 40 percent lower chance of premature death from all causes compared to people who get less than 30 minutes per week. Moderately intense means going hard enough that you can speak in small sentences but not so slow that you can have long conversations or so hard that you feel like you may faint. Celebrate what you can accomplish and build from there.

With stress management, recognize that there are two types of stress. Things that you can do something about and things that you cannot control. Whenever your mind is stuck on something you cannot control, refocus on the things that you can do something about and take care of them one at a time. Take time to reflect on what you have achieved so you can feel good about actively managing your life.

Spiritual wellness comes back to recognizing that peace begins within. You are a part of every relationship you are in, and if you are not at peace then none of your relationships will have a chance to be at peace because *you* are a part of them. On the other hand, when you are at peace, all of your relationships will have a chance for peace *because* you are a part of them.

We also discussed mindfulness and meditation. Just 10 minutes of deep abdominal breathing (pushing your stomach out when you breathe in and sucking it back in when you breathe out) can reduce stress hormones that can raise blood sugar, blood pressure, reduce the effectiveness of your immune system (cortisol, norepinephrine, epinephrine) and enhance hormones that bring a calm, help with your sleep cycle, boost your immune system, and have potential anti-aging effects (serotonin, melatonin, dopamine, DHEA). When one does it for longer periods the benefits are even greater.

In achieving contentment and peace with these guiding principles one may find life balance no matter what stage of life, and recognize that good healthcare begins with self-care. Start with one thing, one change at a time towards the direction of your contentment and peace and soon you may find yourself there.

Upcoming local event: I will be one of the featured speakers at the “I-believe” event on Sunday, April 29 at the Palace Theater in Syracuse supporting Maureen’s Hope Foundation which offers practical support and assistance to people facing the challenges of a cancer diagnosis or other life altering disease. Tickets can be purchased on the website (<http://www.maureenshope.org/ibelieve-inspiration-event/>).

Disclaimer: The discussion and guidance provided here do not replace sound medical advice from your physician or health care provider, and do not substitute for medical therapeutic advice. It is recommended that you see your physician or health care provider before making any changes to your nutrition and physical exercise and activity regimen and for specific recommendations for you and your health and wellness.

Kaushal B. Nanavati, MD

## Community News

### New Book Release:

We are pleased to inform you about the release of a new book authored by members of our community Kishan Mehrotra, and Chilukuri K. Mohan; professors in the College of Engineering and Computer Science at Syracuse University, along with coauthor HuaMing Huang.

**Title:** Anomaly Detection Principles and Algorithms.

**Authors:** Kishan Mehrotra, Chilukuri K. Mohan and HuaMing Huang

**Publisher:** Springer.

This book is about detecting dangerous data anomalies. Anomalies indicate problematic behavior, such as unusual purchases that indicate credit card fraud, unexpectedly higher sales within a retail organization, and malware in computer systems. Anomalies arise in numerous fields of study, including medicine, finance, cyber-security, sociology, and astronomy. The book provides an introduction for newcomers to the field and covers algorithms that can be used by practitioners and researchers.

## Graduation

Is your son or daughter graduating from high school this year?

ICRCC will be recognizing area 2018 high school graduates in this year's spring/summer newsletter. If you would like to include your graduating child's information, please send an email to Shridevi Karikehalli at [shridilip@hotmail.com](mailto:shridilip@hotmail.com) with the following information:

- Child's name, age, high school
- Parent's name(s), town of residence
- Child's future plans (college, job, military, travel)
- A brief synopsis of child's achievements (academic honors, sports, extracurricular).

## Other Community Events

**\* SPIC MACAY:** On Saturday **March 31**, SPIC MACAY @SU will be hosting Odissi dancer Anindita Nanda. It is **FREE AND OPEN TO ALL!**

**Date:** March 31

**Time:** 6:30pm (seating at 6:15pm)

**Location:** Marshall Auditorium SUNY-ESF

**Contact:** Shibani Rathnam (SPIC MACAY Undergraduate President)

[srathnam@syr.edu](mailto:srathnam@syr.edu) or [spicmacay.su@gmail.com](mailto:spicmacay.su@gmail.com)

**\*AarogyaSeva** is organizing the following events focused on Mental Health discussions, at Grace Episcopal Church, 819 Madison St., Syracuse:

- **3/31** Time: 11AM-2PM: Nutrition and Mental Health. Guest Speaker: Dr. Sudha Raj (Free healthy snacks will be provided)
- 4/28: Race and Mental Health
- 5/26: LGBTQ and Mental Health
- 6/16: Sports and Mental Health

Please contact [drdaya@aarogyaseva.org](mailto:drdaya@aarogyaseva.org) for more information.

**\*"Nritya Dhaara" Kathak Dance Program** is being organized by Seema Sureshkumar, in association with ICRCC. Nritya Dhaara is a visiting dance group from India, with performance by three generations of dancers from one family. Pandita Maneesha Sathe, Kathak Guru of great acclaim is creator of Nritya Dhara. The event is planned for June 3rd. Details regarding the time and venue will follow soon. Please contact Seema Suresh [seemansuresh@gmail.com](mailto:seemansuresh@gmail.com) for additional details.

**\*Carnatic Vocal Music Concert** is being organized by Chilukuri Mohan, for mid-September. More details will follow soon.

Please contact [icrcc18@gmail.com](mailto:icrcc18@gmail.com), for inclusion of any Community News and Events in the Newsletter for circulation for the benefit of our community members



## Permanent Member Profile: Harsha and Kishor Kanabar



Harsha and Kishor grew up in Gujarat. Both of them completed their college education in India at Saurashtra University; Harsha with B.A. and Kishor a B.Sc. in Electrical Engineering. Harsha and Kishor's parents were devotees of Swaminarayan Bhagwan and industrialists, active in politics and philanthropy.

Kishor started his career working for a sugar factory and later worked for the Gujarat Electricity Board. As part of his job he had the opportunity to work on the Chukha Hydel Project in Bhutan. Kishor also worked as an electrical power engineer in Mozambique (East Africa) for 10 years and also owned a construction business. They moved to the United States in 1991. In the same year, Kishor enrolled for his Masters in Engineering at Syracuse University and started his own business; Harsha assists him in running their successful business.

Harsha and Kishor have two sons, Anand and Mishal. Anand earned both his B.S. (Elect Eng.) and MBA, and currently works as a project manager in NYC. Mishal has a BS (Elect Eng.) and Masters in System Engineering, and works as a project manager in the San Francisco area. Both sons are currently engaged and plan to marry in 2018.

Harsha and Kishor follow BAPS Swaminarayan and their family traditions of giving back to the community by volunteering and monetary support. Both are devotees of BAPS Swaminarayan Sampradaya and very active in BAPS activities. They help with the day-to-day services, and organize health fairs, flu shots, bone marrow donation drives, help other devotees, and do public relations/outreach. Kishor is also active in ICRCC and has been a board member for eight years, serving as both Secretary and Vice President. Additionally, Harsha and Kishor are active in helping local communities in India.

## The New ICRCC Board Members (2018):

Ramana Adavikolanu, [adavikolanu@hotmail.com](mailto:adavikolanu@hotmail.com) (Website Coordinator)

Pavithra Chigateri, [pchigat@hotmail.com](mailto:pchigat@hotmail.com)

Pravin Gupta, [pravin.gupta@verizon.net](mailto:pravin.gupta@verizon.net) (Treasurer)

Hemant Kale, [hkale@twcnny.rr.com](mailto:hkale@twcnny.rr.com)

Joseph Kappil, [joekappil@gmail.com](mailto:joekappil@gmail.com) (Membership)

Shridevi Karikethalli, [shridilip@hotmail.com](mailto:shridilip@hotmail.com) (Newsletter Editor)

Sanjeev Kumar, [skumar@oswego.edu](mailto:skumar@oswego.edu) (Secretary)

Rama Mehrotra, [ramamehrotra@yahoo.com](mailto:ramamehrotra@yahoo.com) (website Coordinator)

Chilukuri K. Mohan, [mohan@syr.edu](mailto:mohan@syr.edu) (President)

Surabhi Raina, [sraina@syr.edu](mailto:sraina@syr.edu) (Nominations Committee)

Abraham Thomas, [abethomas101@yahoo.com](mailto:abethomas101@yahoo.com)

Falguni Vora, [frvora@yahoo.com](mailto:frvora@yahoo.com) (Vice-President)

**Finance Committee:** Pravin Gupta (Chair), Pavithra Chigateri, Rama Mehrotra, Sanjeev Kumar

**Membership Committee:** Joseph Kappil (Chair), Ramana Adavikolanu, Abraham Thomas, Pavithra Chigateri, Shridevi Karikethalli

**Bylaws Review Committee:** Sanjeev Kumar (Chair), Rama Mehrotra, Ramana Adavikolanu

**Nominations Committee:** Surabhi Raina

**Newsletter:** Shridevi Karikethalli (Editor), Rama Mehrotra, Hemant Kale

**Website:** Rama Mehrotra, Pavithra Chigateri

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*ICRCC held The Annual General Body Meeting on December 9, 2017, at Community Library of DeWitt & Jamesville, Syracuse, NY, and the above Board Members were elected and some re-elected*

Connect with us by email at [icrcc18@gmail.com](mailto:icrcc18@gmail.com)

Please connect with us on Facebook:

<https://www.facebook.com/ICRCC/>

Written materials can be mailed to:

ICRCC

P.O. Box 387

Dewitt, NY 13214

### List of Permanent Members

Anita and Dilip Bhole

Harinakshi and Ravi Dabir

Neerja Vajpayee and Ajeet Gajra

Shaila and Ramesh Gaonkar

Kishor Kanabar

Seena and Manoj Kumar

Sujata and Vadrevu R. Murthy

Damyanti and Satish Patel

Madhuri and Vilas Patil

Vijayalakshmi and Umeshchandra Patil

Ravi Raman

Neera and Ravi Seth

Madhuri and P.K. Sharma

Rajni and Praveen Simlote

Manda and Jit Turakhia



# ICRCC Holi Celebration



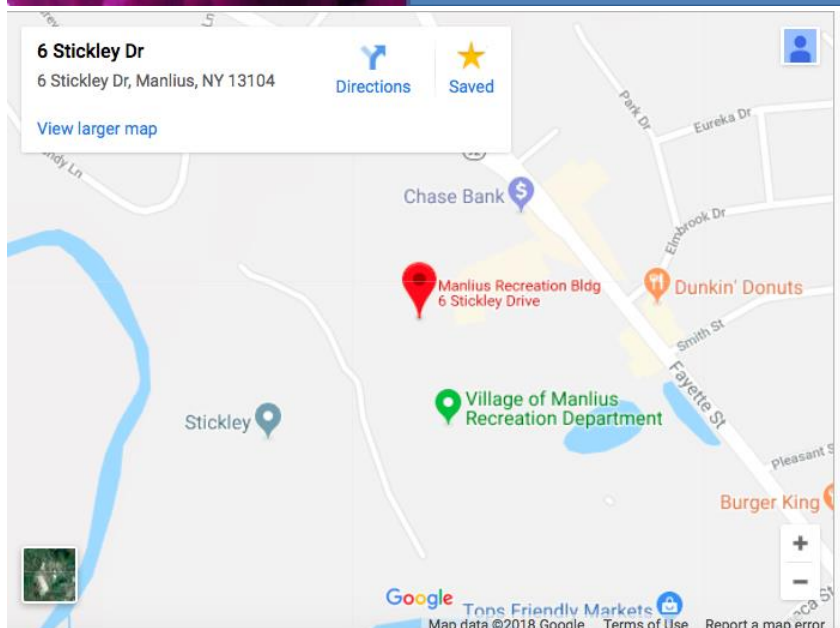
**Saturday, March 31<sup>st</sup>, 2018 From 2-6 PM**

**Join us for fun filled  
afternoon festivity of  
colors, games, music,  
dance and snacks**

Village of Manlius,  
6 Stickley Dr.  
(Off Rt 92,  
behind Manlius  
Fire Station)

**Members, Students : \$5  
Non-Members: \$10  
Children under 12 free  
(Entrance Fee includes  
Snacks)**

**For More information contact Falguni Vora : [frvora@yahoo.com](mailto:frvora@yahoo.com)  
Pravin Gupta : [pravin.gupta@verizon.net](mailto:pravin.gupta@verizon.net) Or Visit [ICRCC.org](http://ICRCC.org)**



**Manlius Recreation Bldg is  
in the Village of Manlius. It  
is located between Key  
Bank and Chase Bank, on  
Route 92.**